



**Kittie Spedding,**  
MS, RD, CD-N

Have you ever wondered about certain ingredients or how to shop to reduce the amount of salt in your meals or were you recently diagnosed with a condition requiring a change to your meal plan?

Let the Living Well Eating Smart Team help!

If you are interested to learn more about how Kittie Spedding can help you and your family, contact her directly at:  
[KittieSpedding@gmail.com](mailto:KittieSpedding@gmail.com)  
(860) 420-9660



**Store Tour**



**Event Table**



**Cooking Demo**



**Support Group**

# Nutrition Events at Big Y®

Kittie Spedding is a registered dietitian available in a handful of Big Y locations in Connecticut to provide workshops and supermarket tours to community groups for **FREE**.

## CONNECTICUT SCHEDULE JUNE 2018

**June 1**

### ***Fueling Foods for Men's Health***

11:30 AM – 1:30 PM  
East Windsor Big Y  
67 Prospect Hill Rd.

Stop by our info table to learn quick meal prep tips that'll keep you fueled for the long haul and out of the fast food drive thru.



**June 6**

### ***Building Better Meals***

10:00 – 11:15 AM  
Mansfield Big Y  
141B Storrs Rd.

Learn nutrition-approved tips for building better meals that look appetizing, taste great and keep you feeling full.



**June 6**

### ***Fueling Foods for Men's Health***

12:00 PM – 1:30 PM  
Mansfield Big Y  
141B Storrs Rd.

Stop by our info table to learn quick meal prep tips that'll keep you fueled for the long haul and out of the fast food drive thru.



**June 6**

### ***Living with Diabetes***

6:00 – 7:15 PM  
Manchester Big Y  
234 Tolland Turnpike

Walk the aisles of Big Y to learn smart shopping choices and meal planning tips for improving blood sugar control.



**June 15**

### ***Heart-Healthy Eating***

1:00 – 2:30 PM  
Ellington Big Y  
135 West Rd.

Discover current recommendations for heart-healthy eating with tips to apply them to the purchases you make.



**June 20**

### ***Meet & Greet: Ask the Dietitian***

11:30 AM – 1:00 PM  
North Haven Big Y  
345 Washington Ave.

Have your nutrition questions answered by an expert for FREE. From diabetes to food allergies, we have you covered.



**June 22**

### ***Heart-Healthy Eating***

12:30 – 2:00 PM  
Manchester Big Y  
234 Tolland Turnpike

Discover current recommendations for heart-healthy eating with tips to apply them to the purchases you make.



**June 27**

### ***Meet & Greet: Ask the Dietitian***

4:00 – 5:30 PM  
Rocky Hill Big Y  
1040 Elm St.

Have your nutrition questions answered by an expert for FREE. From diabetes to food allergies, we have you covered.



**June 27**

### ***Bariatric Nutrition***

6:00 – 7:30 PM  
Rocky Hill Big Y  
1040 Elm St.

Have you had weight loss surgery or plan to have it soon? Come walk the aisles and learn how to choose foods that will help you reach your weight loss goals.



Visit [bigy.com/livingwell/getsocial](http://bigy.com/livingwell/getsocial) for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.